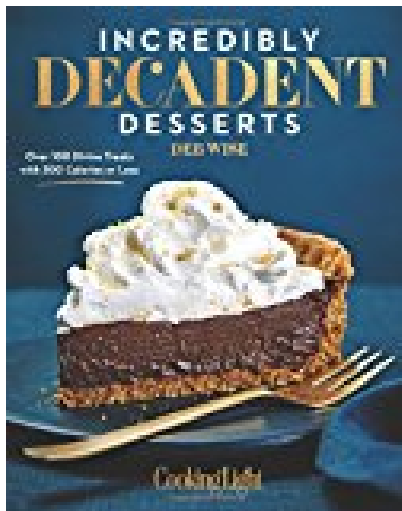


Incredibly Decadent Desserts Over 100 Divine Treats with 300 Calories or Less



BOOK DETAILS

- Author : Deb Wise
- Pages : 272 Pages
- Publisher : Oxmoor House
- Language : English
- ISBN : 0848744519

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BOOK SYNOPSIS

If you've ever skipped dessert because you didn't want to indulge, *Cooking Light* has the solution: guilt-free versions of your favorite recipes that cut calories without sacrificing flavor. The secret? Deb Wise, an experienced baker who has perfected the art of healthy baking and dessert-making.

In *Incredibly Decadent Desserts*, Deb shares 100 amazingly tasty recipes - from show-stopping cakes and mile-high cupcakes to rich cream pies and delicious cookies and bars - all for under 300 calories. You'll learn Deb's brilliant tips and tricks for creating lightened-up treats, from ingenious ingredient swaps to smart test kitchen techniques. Straightforward instructions paired with step-by-step photographs ensure sweet success for everyday home cooks. And with ingredient lists that favor whole grains over processed foods, these irresistible dishes prove that healthy desserts aren't just pie in the sky.

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